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News Letter

JULY 1947

FOOD AND NUTRITION BOARD MEETING

The thirtieth meeting of the Food and Nutrition Board of the National Research Council was held in Washington, D. C., May 9-10, in the National Academy of Sciences building. Dr. Frank G. Boudreau, the chairman, presided.

High lights of some of the committee reports follow:

Dr. R. R. Williams, chairman of the Committee on Cereals, introduced a resolution recommending the universal enrichment of all corn products, especially in areas where the average annual per capita consumption of corn products equals or exceeds 50 pounds. The resolution further recommends that all States in such areas adopt Federal standards for purposes of legislation, and that State and Federal authorities foster the enrichment of all whole corn products produced within the borders of each such State. Mandatory legislation requiring the enrichment of both whole and degerminated corn products is also urged in the resolution. (A copy of this resolution can be obtained by writing to the Food and Nutrition Board at 2101 Constitution Avenue, Washington 25, D. C.)

Dr. W. E. Krauss reported for the Committee on Milk, which has been concerned with expanding the use of nonfat milk solids for human food in areas where fluid milk is scarce. The committee was upheld by the board in not favoring at this time the fortification of milk with vitamin A or enrichment of cheese with certain B vitamins.

The preliminary conclusions of the Ad Hoc Committee on Evaluation of School Lunch Programs were presented by Dr. W. H. Sebrell. This report, which was prepared especially for the Milk Committee, outlines the minimum measurements and observations which are considered essential for evaluating benefits from supplemental milk feeding in School Lunch Programs. The outline will serve as a guide to those who may wish to undertake such studies and is also available upon request from the Food and Nutrition Board.

D.W. '47

The principles elaborated by the FAO Committee on Calorie Conversion Factors and Food Composition Tables in an attempt to standardize international practices were referred to the Committee on Food Composition to determine their applicability in the United States.

Dr. Norman Jolliffe is directing a Subcommittee on Preparation of a Handbook on Clinical Diagnosis of Nutritional Deficiency States, and Dr. Walter Wilkins is directing a Subcommittee on a Nutrition Program for State Health Departments.

The Committee of Dental Health, Dr. P. C. Jeans reported, is making a comprehensive review of literature on dental caries. When completed it will be published in monograph form.

Dr. R. S. Goodhart reported for the Committee on Nutrition of Industrial Workers which has active programs being conducted by its subcommittees of the Relation of Nutrition to Physiological Stress and to Toxic Reactions in Industry. The responsibilities of this committee have been considerably extended because the Government agency in the U. S. Department of Agriculture concerned with industrial feeding has been discontinued.

Dr. C. G. King reported for the Committee on Survey of Food and Nutrition Research, which is undertaking a comprehensive review of food research in the United States with the support of the Quartermaster Food and Container Institute for the Armed Forces. This is a unique effort to compile all active research in a special field into a central registry where the over-all coverage can be reviewed.

At the dinner meeting of the Board, Sir Edward Mellanby of the British Medical Research Council outlined the evolution of the international viewpoint of science, especially with regard to nutritional practices. The place of the National Research Council in the scientific life of the Nation and the growth, development, and influence of the Food and Nutrition Board were discussed by Dr. Robert F.

Griggs, chairman of the Division of Biology and Agriculture of the Council.

A brief statement concerning the organization of the Food and Nutrition Board with a list of its publications and committees is available upon request.

A FURTHER REPORT ON THE PILOT NONFAT DRY MILK PROGRAM IN SOUTHERN STATES

More than a quarter of a million lunches have now been served in the 32 southern schools taking part in the pilot nonfat dry milk program which was described in the March Nutrition News Letter. Reports from these schools continue to substantiate the early findings in regard to children's acceptance of this milk. Children chose in 88 percent of the meals at least 1/2 pint of the reconstituted milk and all but 4 percent drank more than 1/2 glass of it.

The excerpts quoted below are from a recent letter to Secretary Clinton P. Anderson from Lorene Fields, class secretary of the seventh and eighth grades in Clay Hill School, Maxville, Fla., and describe a successful use of the milk.

"The seventh and eighth grades decided we would like to try the dry milk, and that we could keep the records.

". . . For each gallon of water we used 4 cups of powdered milk and 1 tall can of evaporated milk. We mixed it in a bucket and used an eggbeater . . .

"We have had a lunchroom for several years, but we never have had milk, because dairy trucks do not come out here, and nobody's cows give enough milk for the school.

"... We tried chocolate, vanilla, strawberry, orange, maple, and plain milk. Most of us liked vanilla best, but we liked the plain milk, too.

"[The school lunch worker] used the dry milk in biscuits, muffins, salmon loaf, and pudding. We liked it that way, too.

"Every day we made a record of the amount of milk used, and the number of children who drank all their milk....

"The children of the Clay Hill school like the powdered milk you sent us. Thank you very much for sending it."

Several schools reported that whipped dry milk was especially well received when used as a topping on desserts. Whipping is an effective way to increase milk consumption, particularly for those

who do not like fluid milk, because the concentration of milk solids is so high (1 part of milk to 1 part of water.)

In New Mexico the nutrition committee is helping to sponsor the program, and a member of the committee visits the schools weekly and prepares menus for the following week. In this State in some areas a fluid milk supply is practically nonexistent for homes as well as for schools, and some of the children have never tasted milk since infancy. Many of the children request several glasses of milk.

CORN ENRICHMENT MEETING IN JULY

Consideration is being given to the necessity and desirability for a conference on corn enrichment. The conference will be held at Clemson, S. C., probably on July 14 and 15. Any one interested is welcome to attend. Further information may be obtained from Dr. E. J. Lease, Clemson Agricultural College, Clemson, S. C.

CANADA'S FOLLOW-UP OF NUTRITION SURVEYS

The following item appeared in Canadian Nutrition Notes, Vol. III, May 1947:

"One of the most recent developments in the Nutrition Division's method of conducting nutrition surveys is the giving of a brief written report to each volunteer immediately after the completion of the clinical examination.

"This report contains the individual's height, weight, any physical findings, and certain laboratory findings, e. g., the blood hemoglobin in grams. These results are interpreted for the individual in terms of the normal range for his sex and age. Dietary recommendations are made by checking each individual's food record before the clinic starts and rechecking with the other findings. A remarks column is provided on the report for suggestions which arise from the findings of the clinic.

"A report of this nature slows down the clinic very little, although it increases the work. Its value seems to be already established by the remarks heard and received, even though each person is given only a brief statement, plus a few helpful suggestions as to how some of the difficulties (if any) may be counteracted.

"Such a report is of special value where an immediate educational follow-up program is not possible."

NOTES FROM THE FIELD

NEW YORK CITY.—The letterhead of the New York City Food and Nutrition Committee carries its name, address, and telephone number on the face and a list of member organizations on the back of the sheet. Besides the four customary officers, the committee has a planning board of 11 members.

The exhibit "New Yorkers Choose," sponsored by the Exhibit Committee and financed by the National Vitamin Foundation, Inc., was so well received while it was displayed in the six windows of the East River Savings Bank at Rockefeller Plaza that it is now boxed and being shown throughout the city, according to Mrs. G. G. Mudge, the acting Vice Chairman of the City Committee. This exhibit is described in an article, "Nutrition Made Gay," published in the November 1946 issue of Practical Home Economics. The six sets showed New Yorkers in characteristic eating situations and contained suggestions for slight changes in menus which would improve the nutritional content. A folder restating the theme and menu hints was available for distribution.

The Film Evaluation Project Committee has revised the catalog "Approved Films on Food and Nutrition" after previewing 75 films. Further announcement will be made when this catalog is ready for distribution. The committee plans to continue previewing films and will issue supplementary lists from time to time.

The School Lunch Committee is continuing to hold conferences with the members of the School Lunch Bureau of the New York City Board of Education and is working to improve the standards for school lunch personnel.

Borough and district committees are carrying on such activities as maintaining speakers' bureaus, preparing articles for newspapers, encouraging nutrition education programs in prenatal and maternity clinics and in schools, holding nutrition "weeks," and cooperating in industrial feeding programs.

The District Nutrition Committee of Central Harlem held its annual neighborhood Food and Nutrition Week last October. Activities during that week included nutrition talks, exhibits, motion pictures, and demonstrations.

MINNESOTA.--First organized in 1936, the Minnesota State Nutritional Council has as its objective an effective, coordinated program among all State-wide agencies

dealing with nutrition problems, as well as the State professional societies, the chairman, Mrs. Henry E. Erickson, reports. Membership is made up of representatives from these organizations.

At the quarterly meeting in November, reports were presented on the Christian Family Conference in Denver, the American Dietetic Association Convention at Cleveland, and the School Funds Service Association at Washington, D. C. Dr. W. Dankers of the University of Minnesota gave an excellent and informative talk on "The Outlook Conference."

The meeting in February included talks on "New Developments in Food Preservation," "Expansion Program of Dietary Departments in Veterans Administration Hospitals," "Industrial Cafeteria Conference," and was highlighted by Dr. L. Snyder's talk on "What's New in Gardening and Gardening Programs."

At the April meeting the guest speaker was Mary Proal Lindeke, who served recently with the American Red Cross in the Philippine Islands and as a civilian employee of the War Department in Japan. The program also included a description of the Better Breakfast Campaign carried on by the Red Cross and a talk on the revision of standards of assistance for recipients of public aid.

VERMONT.—Dr. H. B. Pierce, chairman of the Vermont Nutrition Committee, writes that not quite 17 percent of the pupils surveyed in a diet check in Rutland schools had a good diet according to Red Cross standards, while slightly over 46 percent had a fair diet and 37.1 percent partook of a diet rated as poor. This survey was carried out by volunteers under the auspices of the American Red Cross after they had consulted with members of the State Nutrition Committee. All schools in Rutland, both public and parochial, took part, covering 1,713 pupils in grades from 4 to 12.

Each child indicated what he had eaten during the previous 24 hours, and this information was tabulated by members of the PTA; the Rutland Women's Club, and the Red Cross canteen. The results showed that 10 percent of the children had no milk to drink and 26 percent had it in insufficient quantity. No fruit of any kind was eaten by 34 percent of the pupils; potatoes were the only vegetable in the diet of 32 percent; and 61 percent had no raw vegetable. Twenty-six percent never ate any eggs for breakfast and 43 percent ate less than

3 eggs a week. On the other hand, 26 percent reported diets that were heavy in starch.

A couple of weeks before the survey was made the parents were advised that the children's diets were to be checked and they were assured that it was "not undertaken in a critical attitude but rather to serve as a means of improving the health of our children." After the survey was made the parents were sent an outline of nutritional necessities taken from the American Red Cross Nutrition Handbook. After the results were tabulated, reports of each school, made on a grade level, were sent to school principals, teachers, parent-teacher associations, and to the PTA council.

This survey reveals the value of a good school lunch program. Without the foods supplied by school lunch many of the children would have had a poor diet that now are getting a fair one due to the supplementary foods.

ARIZONA.--The Arizona Nutrition Council plans its meetings so that its members have an opportunity to meet local committee workers, and at its April meeting in Wilcox council members became acquainted with those who have carried the nutrition program to the communities in Cochise and Santa Cruz counties. The program included reports on work in these counties and talks on "Plans for Nutrition Research in Arizona," "Visual Education Project of the Phoenix Food Committee," "Importance of the Proper Care of Milk," and "Improving the School Lunch Program in Arizona."

Chairman Isabella McQuesten states that some very effective exhibits were displayed during this meeting. A series of clever posters, each carrying a specific message, depicted the changes in American food habits described in Consumers' Guide for September 1946 under the title "A Generation of American Food." The article, you may remember, was based on the results of a survey conducted by the Bureau of Human Nutrition and Home Economics. The posters were received so enthusiastically they will be kept for display at the county fair in the fall.

The Library Committee arranged an exhibit of recent commercial and Government publications on nutrition. Examples of colorful plastic dishes and stainless steel implements that are available for school lunchrooms were provided by members of the school lunch staff.

NORTH CAROLINA.--The State Nutrition Committee has organized for peacetime work with objectives based on the current nutritional problems of the State. The organization consists of a chairman, administrative board, planning committee, and standing committees. A full-time executive secretary was employed in September 1946. The administrative board determines the policies, the planning committee gathers information and makes proposals to the administrative board, and the standing committees are responsible for the promotion of the details involved in making the work effective.

There are no committee organizations in the counties; the State committee works in the county through those agencies which are representatives of the six groups of the administrative board, and other interested agencies.

The Committee's objective for 1947 is "To acquaint the people of the State with the need for growing and using foods which are good sources of Vitamin C." This objective was adopted because dietary surveys showed that many North Carolina diets contain too few of these foods.

The Committee has issued an attractively illustrated bulletin outlining its objective for the year and its suggestions for attaining this objective. The bulletin is to be issued quarterly and is sent to all of the cooperating agencies and their field staff.

MAINE.--Kathryn E. Briwa, chairman of the Maine Nutrition Committee, writes that a bill to repeal Maine's enrichment law was overwhelmingly defeated by a 2 to 1 vote in the House. The law requiring enrichment of white bread and flour in Maine was passed in 1945.

Representatives of the State Nutrition Committee clarified the issues at the legislative hearing on the bill and before the Women's Legislative Council.

Sincerely yours,



M. L. Wilson, Chief,
Nutrition Programs.



W. H. Sebrell, Associate Chief.
Nutrition Programs.